

**RELATIONSHIP FAST FOOD CONSUMPTION WITH OBESITY
INCIDENCE IN 2019 MEDICAL STUDENT EDUCATION STUDY
PROGRAM FACULTY OF MEDICINE AND HEALTH SCIENCES
UNIVERSITY OF MUHAMMADIYAH MAKASSAR**

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ABSTRACT

Background: Obesity is a global health problem. The problem of obesity affects almost all age ranges and is most important in young adults. Based on the results of research conducted by RISEKDAS obesity in adults aged > 18 years in Indonesia in 2018 was 21.8%. One of the community groups that often experience this obesity problem is medical students. This is because medical students have busy academic and non-academic activities which tend to have low physical activity and have quite a busy time and do not have time to spend time doing physical activities such as sports. In addition, because the time is quite busy, students prefer to eat fast food compared to healthy food because it is easier and more practical.

Purpose: The purpose of this study is to know the relationship between fast food consumption habits and the risk of obesity in the Students of the Medical Education Study Program, Faculty of Medicine and Health Sciences, University of Muhammadiyah Makassar, Class of 2019.

Research method: This study is a descriptive study regarding the habits of consumption of fast food with the risk of obesity by using a cross sectional approach. This research was conducted at the Faculty of Medicine and Health Sciences, University of Muhammadiyah Makassar, with a total of 106 students as respondents. The instrument or measuring instrument used in this study is a Food Frequency Questionnaire (FFQ) Questionnaire using an ordinal scale. The sampling technique used simple random sampling.

Results: based on the results of the study, it was found that the habit of consuming fast food in class 2019 students of the Medical Education Study Program of the Faculty of Medicine and Health Sciences, Muhammadiyah University of Makassar, still obtained frequent results of 31.1% and rarely 68.9% While the measurement results obtained by the Body Mass Index Overweight as